

HEALTHWatch



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**If you didn't receive
your 2003 Health and
Dental Benefit Plan
Handbook in January
we don't have your
correct mailing
address. Call us today
to update your
information!**

Health Care Cost Increases Expected to Continue

According to Hewitt Associates, it is expected that U.S. companies will be hit again with double-digit health care increases in 2003 - the highest hikes in more than ten years. The 2003 increase is projected at 15.4%, following last year's increase of 13.7%! Some companies will continue to absorb these increases, others are raising employees' share of health care premiums. Employee premium contributions are projected by Hewitt to increase by 19% for individual coverage and 24% for dependent coverage.

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Jack Bruner of Hewitt warned, "Unless there is a fundamental change in the way health care is delivered, costs will double in the next five years. This is a major concern for senior management as it affects the bottom line of companies across the country. No matter what the size, industry or location, no organization is safe from major health care increases. Employers simply cannot afford to continue to absorb these types of rate hikes and, unfortunately that means employees will have to pay a lot more for health care."

In addition to passing along part of the increase to their employees, companies also are doing the following:

- Re-evaluating cost-sharing and contribution strategies
- Changing prescription drug plan coverage
- Eliminating "cost-inefficient" plans
- Contracting with plans that offer specialized or disease management programs
- Offering new consumer-driven health plans

The benefits and premium rates afforded State employees are some of the best in the nation. Our employer - the State of Alabama - faces the same severe issues as other employers. It is imperative that everyone be a good steward of our program.

FDA Approves Prescription Changes

The Food and Drug Administration (FDA) has approved Claritin® and Alavert®, both equivalent brands of the original prescription-strength loratadine, as over-the-counter (OTC) allergy drug products. These drugs will now be available to you without a prescription. Claritin will include tablets and liquid forms at their original prescription strengths. Alavert is only available in tablet form.

With Claritin and Alavert available OTC, Allegra and Zyrtec were moved by the Blue Cross Pharmacy Review Committee from the Preferred Drug List to the Non-Preferred Drug List on February 1, 2003. Although copays for the Non-Preferreds are \$35, you can now purchase Claritin or Alavert at a lower cost than your previous copay.

Help control the rising costs of health care by doing your part to take good care of yourself and by being a conscientious health care consumer.

13 Ways to De-stress Your Kid

1. **Accept your child’s “limitations.”** A child with the capacity to get only B’s or to perform only “average” in athletes or music can become guilt-ridden if he thinks he’s done his best, but let you down.

2. **Don’t compare** your child’s abilities, talents or looks with those of other children.

3. **Celebrate your child’s accomplishments;** go to school plays and games, post schoolwork, etc.

4. **Encourage your child to express his feelings;** tell him it’s OK to feel sad and to cry. Take time to listen (really listen), without giving advice or passing judgment.

5. **Spend some one-on-one time** with your child every day.

6. **Show your child that you respect people and that you respect life.** Help him learn to be for adults.

8. **Expect some rebellion** and remember, “This, too, shall pass.” Don’t make a big issue out of small things that bother you.
9. **Be honest** when answering questions about delicate issues such as sex, divorce or death.

10. **Restrict and monitor TV and movie viewing.**

11. **Sympathize with your child** when he experiences a loss.

12. **Set a good example;** show your child that when you’re depressed, you work out your frustrations by talking to friends, exercising, praying, and enjoying something funny, etc.

13. **Consult a health professional** if you think your child is having problems neither he nor you can handle.
- Adapted from tips by the Center for Studies of Suicide Prevention and the National Institute of Mental Health.*

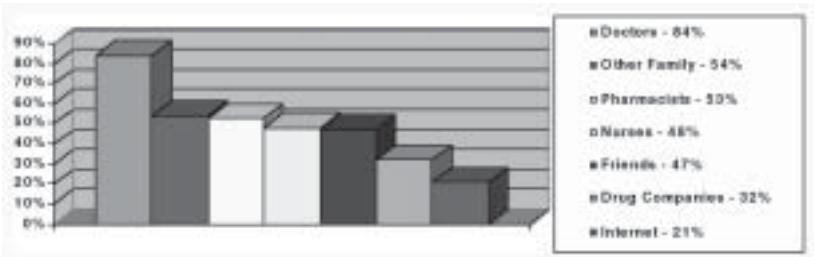
WORKSITE SCREENING DATES

March	4	Bibb County Commission	April	4	Bibb County Health Dept
	5	Bibb County Courthouse & Annex		9	DOC - Frank Lee, Elmore County
	5	Public Safety, Calhoun County		16	EMA/Health Dept/DHR, Chilton County
	6	Winston County Commission		23	Alabama Historical Commission, Montgomery
6-7		Tuscaloosa County Health Department		30	Macon County DHR & Health Dept
	7	Chilton County, City of Clanton			
10		Forestry, Tuscaloosa County			
14		Bibb County DHR	May	6-7	LBW/State Office Building, Montgomery
17		DOC, Montgomery - Lloyd Street		12	Risk Management, Montgomery
18		Butler County DHR & DOT		14	Montgomery County Health Dept
27		Tallapoosa County Health Dept		15	Montgomery County DHR
				20	Chemical, Pesticide, Forensic and Diagnostic Labs, Auburn

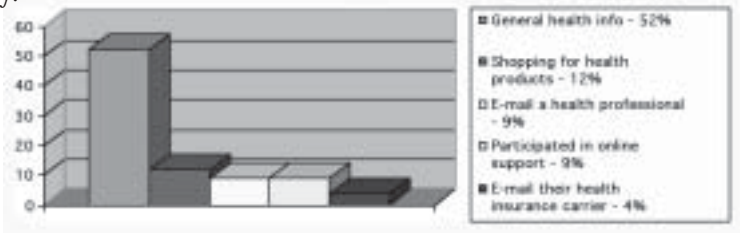
Health E-bytes

Numerous studies have shown that people are turning to the Internet for health information in ever-increasing numbers. As this trend continues, it is imperative that the information found online be reliable and relatively easy to understand. Here are a few statistics that show:

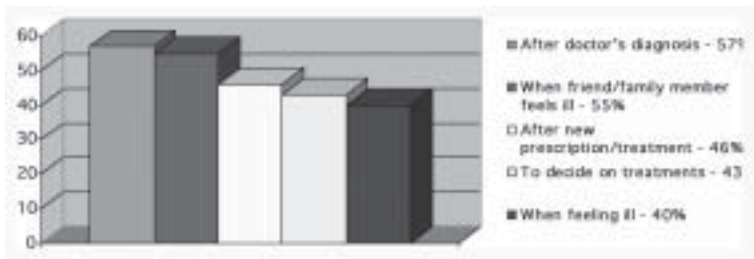
How people are seeking health care advice:



Adults using the Internet for a health-related activity:



Reasons for health Web site visits:



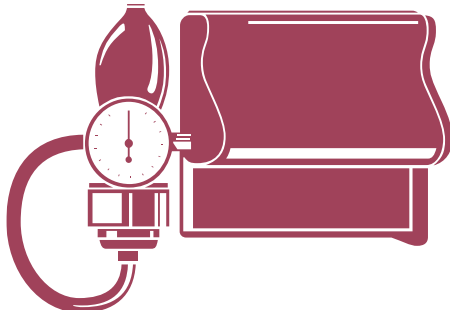
*Source: Cyber Dialogue - 2000.

(continued from page 4)

COUNTY	SITE	2ND QTR
Monroe	DIR - Saraland Call Center	6/5*
	DHR - Prichard	6/5
	USS Alabama Battleship	4/10*
	Revenue & Tax	6/26*
	DIR	6/26
	Driver's License/ABI	6/26
	Clinical Lab	6/5*
	Food Stamp Office	4/3
	Forensic Sciences	6/19*
	Youth Services	6/19
	Strickland Youth Center	6/19*
	DHR - St. Anthony	4/3
	State Troopers	6/26
	County Commission/Road Depart.	6/12
	Courthouse	6/12
	DHR	6/12
	DIR	6/11*
Montgomery	Health Department	6/11
	Mental Health/Administration	6/11
	Mental Health/Activity Center	6/11
	ABC Board	6/11
	ABI	4/2
	ADECA	5/6
	ADEM - Field	6/5*
	ADEM - Main	6/5
	Ag & Industries	4/14
	Archives & History	5/14
	Capitol	6/4
	Center For Commerce	5/13*
	Gordon Persons Building	4/8*
	DHR - General Services	6/10
	DHR - Gordon Persons Bldg	5/6
	DIR - Central Office	4/1
	DIR - Employment Security	4/2*
Tuscaloosa	DOC - Commissioner's Office	5/1
	DOC - General Offices	5/5
	DOT - Main	4/8
	DOT - Materials & Testing	6/3
	DOT - 6th Division	4/8*
	Education - GP Bldg	4/7
	Folsom Building	5/7
	Forestry Commission	5/6
	Greil Hospital	6/10*
	Judicial Building	6/9
	Kilby Correctional Facility	4/3*
	Montgomery County DHR	4/9
	Mt. Meigs Youth Facility	4/3
	Pardons & Parole	4/10
	Printing & Publications	5/6

COUNTY	SITE	2ND QTR
Morgan	Public Library Service	5/13
	Public Safety	4/9
	Real Estate Commission	4/3
	Rehab Services	4/3
	Revenue - Airport	5/14
	Risk Management	6/90
	RSA Building	5/6
	RSA Plaza	4/7*
	RSA Tower	6/3
	RSA Union	5/12
	Service Division & Motor Pool	6/3*
	State Bar	5/6
	State House	4/10
	State Lab	4/10
	State Military	5/8*
	Sate Military - Dannelly	5/14
	LB Wallace State Office Building	5/1
Pike	State Trooper Post	5/8
	DOT	5/9
	Wallace Center	5/9*
	North Alabama Regional Hospital	5/9*
	DHR	5/9
Shelby	Town of Gordo	4/16*
	DOT	4/15
	City of Aliceville	4/16
	Water Authority	4/17
	Town of Carrollton	4/17
	Health Department	4/17
	DHR	4/15*
	Road Department	6/12
	Courthouse	6/12
	DOT - Calera	4/25*
	Calera City Hall	4/25*
Tuscaloosa	Adult Rehab	5/9
	A. M. Kidd Facility	5/7*
	Area III/Home Health/Environmental	5/13
	Courthouse	5/14
	DHR	5/13*
	DIR - Employment Office	5/19
	DOT	5/20*
	Forensic Sciences	5/7
	Forestry	5/12
	Harper Center	5/8*
	Health Department	5/20
	Medicaid	5/19
	Oil & Gas Board, Geo Survey	5/19*
	Partlow	5/6*
	Revenue	5/7
	S. D. Allen Facility	5/9*

COUNTY	SITE	2ND QTR
Walker	Taylor Hardin Facility	5/6
	Trooper/ABI/Driver's License	5/12*
	West Alabama Planning	5/7
	Wildlife & Fresh Water Fisheries	5/12
	E-911 - Jasper	4/2
	Curry Water Works	4/2
	Town of Arley	4/2*
	DOT - Jasper	4/2*
	Health Department	4/2*
	DHR	4/2*
	Surface Mining	4/1
	Mental Health	4/1
	Carbon Hill Housing	4/1*



2003 WORKSITE WELLNESS Blood Pressure Schedule

(Times are mornings unless otherwise noted)

COUNTY	SITE	2ND QTR	COUNTY	SITE	2ND QTR
Baldwin	Weeks Bay	5/8*	Etowah	Mental Health - Brewton	6/9
	DHR - Bay Minette	4/17		Sheriff's Office	6/9
	Alabama Career Center	4/17		DHR	6/16
	Mental Health - Bay Minette	4/17		Forestry	6/26
	DOT - Bay Minette	4/17		Peakridge Road Department	6/19
	DIR - Foley	5/15*		Home Health	4/22*
	Gulf State Park Hotel	5/15*		Revenue	4/22
	Courthouse	4/17*		Health Department	4/22
	Claude Poteet Mariculture	5/15		Judicial	4/15*
	Health Department	5/8		Circuit Clerk	4/15
	DHR - Robertsedale	5/8		Vocational Rehab	4/14*
	DOT - Summerdale	5/8		DOT	4/14*
	Brewer Center - Second Shift	6/12*		DHR	4/14
	Brewer Center - Administration	6/12*	Franklin	Alabama Career Center	4/15
	Coastal Conservation	6/12		Medicaid	4/14
	Fairhope Courthouse	6/12		DHR	4/16
	Mental Health - Fairhope	6/12		Road Department	4/16
	Gulf State Park Headquarters	5/15		County Commission	4/16*
	Area IX Public Health	5/8		Health Department	4/16
Barbour	DHR	6/13		DIR	4/16
	Ventress Correctional Facility	6/13*	Houston	City of Russellville	4/16*
Bibb	County Shop	6/17*		Parks & Recreation	4/16*
	Health Department	6/19		DIR	4/8*
	Rock Building & Annex	6/17		Revenue	6/11
	Courthouse & Annex	6/18		County Jail	6/11
	DHR	6/20		Courthouse	6/11
Cherokee	Bibb County Correctional Facility	6/25*		Sheriff's Department	6/11
	Bibb County Correctional Facility	6/11*		Administration	6/11
	Brent City Hall	6/20		Spectracare Administration	5/14
	Area V Public Health	4/30*		Medicaid	5/17
Clarke	Judicial	4/29		Vocational Rehab	5/17
	DHR	4/30		DOT	4/8
	Courthouse	5/9		Forestry	4/17
	DHR	6/19*	Jefferson	Health Department	4/17
Coffee	DIR	5/9		DHR	4/17*
	DOT	6/19		Home Health	4/17*
	Health Department	5/9*		Roads & Bridges	5/8*
	Mental Health	5/9		Call Center	4/30*
	Mobile-Clarke Gas District	5/9		Alabama Career Center	4/30
	Mental Health/Thomasville	5/22		Housing Authority	4/23*
	Mental Health Thomasville	5/23*		Pardons & Parole	4/23
	Courthouse	6/18		DDS	4/2
	Enterprise Recreation Department	5/7		Revenue	4/23
	Enterprise Sanitation Department	5/7*	Lauderdale	Forensic Sciences	4/2
Colbert	Enterprise City Hall	5/7		Women's Work Release	4/23
	DHR	6/5		DNA	4/2
	Agriculture	6/5		ADEM	4/9
	Enterprise Street Department	5/7*		University Building	4/9
	DOT	6/5		Pardons & Parole	4/9*
	DOT	4/24		Housing Authority	4/16*
	Road Department	4/24		DIR - Midfield	4/9*
	DIR - Sheffield	4/24		DHR	4/16
	DHR	4/24*		DHR - Unemployment, Food Stamps	4/16
	Health Department	4/23	Limestone	Courthouse	4/16
Conecuh	Revenue - Muscle Shoals	4/24		Medicaid	4/9
	County Commission	5/5		County Commission	4/15
	Courthouse/DA/Sheriff's Office	5/5		DHR	4/15*
	DHR	5/7		Road Department	4/15*
	DOT	5/7		Medicaid	4/15
	Health Department	5/5*	Madison	Health Department	4/15
Cullman	Mental Health	5/7		DHR	4/11
	Troopers	5/5		Corrections	4/11
	DHR	4/11	Marion	Courthouse	4/11
	Cullman City Hall	4/11*		DIR	6/12*
Dale	DOT	4/11		Space & Rocket Center	6/12
	DIR	4/11	Mobile	DOT	6/12
	Spectracare	4/10		Courthouse	6/13*
	DHR	4/10		Forensics & Public Safety	6/13
Dallas	DOT	4/10		DHR	6/13
	Health Department	4/10*		Revenue	6/12*
	Corrections	6/5		Health Department	6/18
	Troopers	4/10		DOT/Corrections	6/18
Elmore	DIR	4/24		DHR	6/18
	DOT	4/24		DIR/Driver's License 8-Mile	6/5
	Medicaid	4/24		Child Support, Legal - Bay Haas	4/10
	Health Department	5/22		DHR - Hilton Square	4/3*
	DHR	5/8		Administrative Building	5/2
	Draper Correctional Facility	4/9*		Protection	5/28
Escambia	Elmore Correctional Facility	4/9		International Trade Center	5/28
	Staton Correctional Facility	5/5*		Courthouse	4/10
	Millbrook City Hall	6/3*		DHR - Bel Air Boulevard	4/3
	City of Wetumpka	5/5		Pardons & Parole - Bay Haas Bldg	4/10
	DHR	5/5		McDuffie Coal Facility	5/28*
	Tarwater	4/2*		Veterans' Affairs - Bay Haas	4/10
	Tutwiler	4/2		ADEM - Brookley	5/22
	Health Department - Atmore	6/23		Seafood Division	5/22
	Road Department - Atmore	6/23		DDS	5/22
	Mental Health - Atmore	6/23		DOT - Tunnel	5/22*
	Satellite Office - Atmore	6/23		Fresh Fisheries	5/22*
	Boykin Road Department	6/9		DOT	6/5
	Courthouse	6/9		Children's Rehab	6/19
	Health Department - Brewton	6/19		Adult Rehab	6/19

If you have any questions regarding this schedule, call the Worksite Wellness Branch at 334-206-5585.

(continued on page 3)

* PM